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## QUOTE OF THE WEEK

*“We want to show the world our culture, but at the same time, we have to show our own people it first.”*

Read about the ARCHES cultural recovery program on Page 3



# endeavour



## Prepping for exam stress

Learning Café offers student success workshops next week.

By Manjeet Kaur Page 2



## Skating downtown

Synthetic skating rink by Heart of the City Foundation open until Dec. 14.

By Kelsey O'Donnell Page 6

## Racing for bronze

Nursing student earns bronze medal in national cross-country championships.

By Ani Leniczek Page 8



November 22, 2019 Vol. 52, Issue 02

## Students take a break with laughter yoga



Caylee Vogel smiles as she leads a laughter yoga class at Lethbridge College on Nov. 21. The next laughter yoga class is scheduled for Dec. 5 in TE 1228.

PHOTO BY KEVIN FORSYTH

## Scammers target international students

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Lethbridge College's information technology department has been made aware of telephone and email scams that could expose students' personal and financial information.

The college has been informed about two different scams and warned students about these emails and phone calls. Scammers have been targeting international students in particular, claiming the government is threatening to deport the student if they do not pay the caller or give them personal information.

This scam usually claims a person's social insurance number has been compromised. The caller then tells them they will transfer the call to the police unless the student electronically transfers money, pre-paid credit or gift cards.

Chiye Kinjo, international student support coordinator at Lethbridge College, has a theory about why they target international students specifically.

“I think it is because they are considered vulnerable. The students are new to the college and the country, so they could be unsure about the cultural norms as they are adjusting to living in Canada,” said Kinjo. There is a lot more for them to worry about as well, especially because they are targeting visas or study permits, so I think that's why they are targeted.”

Kinjo added the best thing the college can do to help prevent these scams is to encourage the students

to report the phone number or email address. She said the college could also provide resources and support needed for students who might have given out information.

These scams can also be detrimental for colleges, as information may be harder to get from students. Shannon Maass, manager for student registration and records at the college, believes scams may cause students to click off of college emails.

“The community and student population are much more wary. There are only certain ways we can reach

out to students and email is one of them. So, when they're constantly getting hit with scams, they tend to automatically delete legitimate requests from the college,” said Maass.

She added the college would never tell students to give their social insurance

numbers over email. Maass said college emails would tell students to call or come to the registration office to talk about their personal information. She advised students to delete all emails if they have any doubts about their validity.

Lethbridge Police Services encourage students to never give their information over the phone to any agencies, as the police will never ask for banking information or social insurance numbers over the phone. They added you cannot pay for taxes with electronic currency or gift cards.

For more information about how to report a scam, go to the Canadian Anti-Fraud Centre's website.

*“They could be unsure about the cultural norms as they are adjusting to living in Canada.”*

CHIYE KINJO



# Four-legged furry friends relieve stress throughout year

KEVIN FORSYTH  
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People experience a great deal of stress this time of year and pet therapy is one way to find relief and improve mental health. Dogs reduce levels of stress, anxiety and depression, according to the National Alliance for Mental Illness. Canadians are particularly fond of the animal, with 35 per cent of households owning at least one dog, according to the Canadian Veterinary Medical Association.

“They pick up on your feelings all the time. They know when you’re happy, they know when you’re sad and dogs will react to what your inner feelings are, even though you may not realize that you’re too stressed,” said Shannon Scheer, a professional dog handler.

Scheer is president of the Canadian Professional Dog Handlers Association and enters dogs into shows for a living. She visited Lethbridge to enter 12 dogs into a show, two of which are her own.

“Dogs just have a calming effect on people and that’s why so many people show dogs. They work with their dogs... Grooming is very therapeutic for some people with long coated breeds. It’s just more relaxing,” said Scheer, who hails from Calgary.

St. John Ambulance runs a therapy dog program in Canada, which helps 120,000 people every year at hospitals, retirement homes and post-secondary institutions, according to its website.

“Each semester during final exams, we do an event called Doggy De-stress, which is a mental health event, and like it sounds, we bring dogs to campus for the students to play with,” said Michael Bartz, student life assistant at Lethbridge College.

For a four-day period during exams, 30 therapy dogs are brought into the college for students to play with and relieve some stress.

“If they’re going to school and they’re coming here...



PHOTO BY KEVIN FORSYTH

Shannon Scheer gets in close with her medal-winning sheepdog puppy, Rocky at a local dog show Nov. 17.

They really get a sense of home when they see a dog because it reminds them of their dog,” said Bartz, adding people who are not dog owners, also benefit from the time with the animals.

Dog therapy does not just alleviate stress and mental health issues according to St. John Ambulance, which has received reports of distraction from pain, improved

social engagement and increased self-esteem.

“What I love about dogs is you come home and they light up and they’re so excited to see you. It’s a really good feeling,” said Bartz.

Students will have a chance to play with a canine or two during the next Doggy De-stress event, to be held from Dec. 9 to 12 from 9 a.m. to 3 p.m. in TE 1228.

# College takes action to help students beat exam stress

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With exams just around the corner, Lethbridge College students tend to feel overwhelmed with stress.

Exam time is usually accompanied by anxiety and stress, said Diane Fjordbotten, academic strategist in the Learning Café.

She said a manageable amount of stress can help students to complete tasks and accomplish goals more effectively.

*“If you are too relaxed, you are not likely to perform well.”*

Diane Fjordbotten

“You should feel a little bit stressed in terms of exams, because moderate stress is important in order to preview performance. If you are too relaxed, you are not likely to perform well,” said Fjordbotten.

She also mentioned preparation is one of the best things to relieve stress.

Creating a study schedule, taking breaks, advanced preparation and healthy living during exam season are more strategies Fjordbotten encouraged students to use for success.

“The more prepared you are for exams, the more confident you feel,” said Fjordbotten.

She also added stress is harmful for



PHOTO BY KEVIN FORSYTH

Gerhard Klassen, a second-year general studies student, studies in the library on Nov. 21, 2019.

mental health and if someone is feeling overwhelmed, talk to an instructor or a close friend who can help them to sort out things.

According to an article on the intensity of stress among students analysed by Priya, Jothi conducted with 106 students, results found nearly 80 per cent feel stressed during their college year, 33.3 per cent of the students have anxiety and 30.4 per cent of them have depression during exams.

The intensity of stress among the students is high.

Sukhveer Kaur, a general studies student said a heavy load of courses and outside pressure in life have contributed

to higher stress levels.

“Myself coming from a small town in India and changing going from Indian schools to Canadian school is quite different for me to managing new duties,” Kaur said.


She also added that it’s a difficult task to work with assignments and exams together on the same day.

“Sometimes we have more than one deadline of assignments, quizzes and exams which increases the stress,” said Kaur.

Some student success workshops in the final week of November will provide strategies for managing stress and preparing for exams.

## STRESS DURING EXAM SEASON

 Nearly 80% of the students feel stressed during their college year

 30.4% of them have depression during the examination

### TIPS FOR MANAGING STRESS DURING EXAMS

-  EAT WELL 
-  SCHEDULE STUDY TIME
-  TAKE PROPER BREAKS
-  ADVANCE PREPARATION FOR EXAMS
-  SLEEP AND RELAX

WWW.HEALTHLINE.COM



## Students reach new heights



PHOTO BY HEATHER GRANDE

The wind turbine program at Lethbridge College uses hands-on learning to help their students get a feel for the industry. On Nov. 19, they did a practice run of what would need to be done in case their partner was to fall while working on a turbine.

# ARCHES uses cultural connection to heal addiction in Lethbridge

TYLER HAY  
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Two brothers are working to change both the way Indigenous culture views addiction and the way people connect to their culture to find a sense of community and identity.

On an average day at ARCHES supervised consumption site (SCS) in Lethbridge, you can find Myles Bruised Head and his brother Joey Blood coaching Indigenous people through addiction.

“It became kind of our motto, ‘I can’t wait for the that day we no longer exist in our professions,’” said Bruised Head, cultural coordinator at ARCHES.

Blood is a recovery coach in the Indigenous cultural program and looks forward to the day he is out of a job.

“It’s unfortunate that our jobs have to exist, that it has got to this point,” he said.

Blood said he hopes the people he helps will in turn coach others in recovery and help them reconnect with their culture.

“We want to show the world our culture, but at the same time, we have to show our own people it first,” said Bruised Head.

He said often when people with addictions move to Lethbridge from reservations, they can become disconnected from their culture

and feel embarrassed to go back.

Sometimes they are afraid to talk to elders for help with recovery, for fear of disrespecting them.

“We are in such a new era of this that we don’t have any traditional historical stories that could culminate and represent what the opioid crisis is,” said Bruised Head.

He said in the past, Indigenous people have struggled with alcohol addiction and elders can find it hard to understand how it differs from opioid addiction.

“It’s always been a one-way passage of knowledge – we are now having to evolve and teach them,” he said. The environment of addiction is changing, not only for Indigenous culture, but for all people. Bruised Head said Indigenous culture has to evolve with it to include new stories and teachings.

“The root of all addiction is social exclusion, social isolation [and] traumatic experiences,” said Jerry Firth, cultural program manager.

He said trauma can change people’s DNA and be passed down in different ways. According to Bruised Head, multi-generational trauma often affects people when they become young adults.

After leaving high school, he said a lot of Indigenous people can feel lost and stressed with trying to figure out their place in society.

“That’s why I say living in two worlds becomes really evident

once you become an adult. You are sailing on your own boat nowadays, as opposed to us being told all throughout our youth ‘you are Blackfoot, you are a real person and you live here in a community that’s going to protect you,’” said Bruised Head, adding a lot of people access consumption sites because they do not understand the trauma they feel, which often came from abuse in residential schools.

“They are looking at their parents saying, ‘why are my parents alcoholics or drug addicts,’ when in reality, it is probably because they went to residential schools or they suffered sexual assault from a family member. Not because that is something that exists in native culture, but was something brought upon us,” said Bruised Head.

Some addictions stem from physical trauma, such as an accident at work, which can lead to an opioid prescription. Others come from trying to cope with mental trauma.

“Everyone who has hurt, that struggles to find a healthy way to deal with it, will inadvertently hurt another person or themselves,” said Firth.

Bruised Head said he and his brother could not do the work they do if Indigenous ways were dying.

“What we are realizing now is that they are thriving, but not only that, we are able to evolve them to meet the needs of the opioid crisis.”

# Colleges baking program – 25 years in making

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With the addition of a new program at Lethbridge College this year, the culinary arts program is able to have its cake and eat it too.

The first ever semester of the college’s new baking apprenticeship program is coming to a close.

Doug Overes, program chair and instructor, has been pushing for this program since he started working at the college as the baking instructor for the culinary arts program 25 years ago.

“I’ve been thinking about this since I first set foot on campus. Lethbridge College has always been known as a culinary school, not a baking school,” Overes said.

“I figured it’s never too late. All the stars lined up and, lo and behold, we’ve got a baking apprenticeship.”

While studying in culinary school himself, Overes recalls his own instructors noticing his talent for baking before he did. This pushed him to acquire red seal certification in both cooking and baking.

After baking school, Overes moved to Europe where he trained under a chef in a Michelin star

restaurant just outside Amsterdam. He started his career at Lethbridge College shortly after returning to Canada.

The chef says his past experiences and years of teaching the baking portion of the culinary arts program have taught him an important fact—bakers and cooks are two different breeds.

Culinary students at the college are required to practice approximately 50 hours of baking. According to Overes, this portion of the program can make or break a future cooks baking career.

“I’d say only about 10 per cent of cooks ever even entertain the idea of baking. You know, they hate it. It’s a delicate science and they realize it’s not just a pinch of this or that. I can say this because I’m both, but most bakers will find cooks to be absolutely neurotic. They’re all over the place and high strung— they’re different species,” said Overes.

Having both cooks and bakers under one roof has been interesting so far, according to Overes, but things seem to be running smoothly.

Though all culinary classrooms share a wing of the college, a classroom has been renovated and

outfitted to host the baking students specifically. The space acts as a classroom as well as a state-of-the-art baking facility for students.

Shaelynn Bordyschuck, a first-year baking apprentice, said the new space is a perfect fit for the program.

“It’s been good so far. It’s a lot of work and it’s been pretty intensive but we’re all learning a lot here,” Bordyschuck said.

The college ran a smaller pilot version of the program in 2018, meaning first and second year students are currently in classes and next year will be the first time running the complete three-year program.

Overes sees the program as a nice addition to the college, and admits he is learning too, along with the students.

“I’m learning as I’m going, too. Its making me pull out bits of information that I haven’t had to in a while, so it’s stretching me in that way. Its forcing me to research a little bit more, read a little bit more—play around a little bit more,” said the chef.

The program is welcoming new students to join the next intake in the fall of 2020.



PHOTO BY RILEY KUBIK

Shaelynn Bordyschuck weighs her dry ingredient’s before starting her bread recipe in class on Nov. 19.





# OPINION

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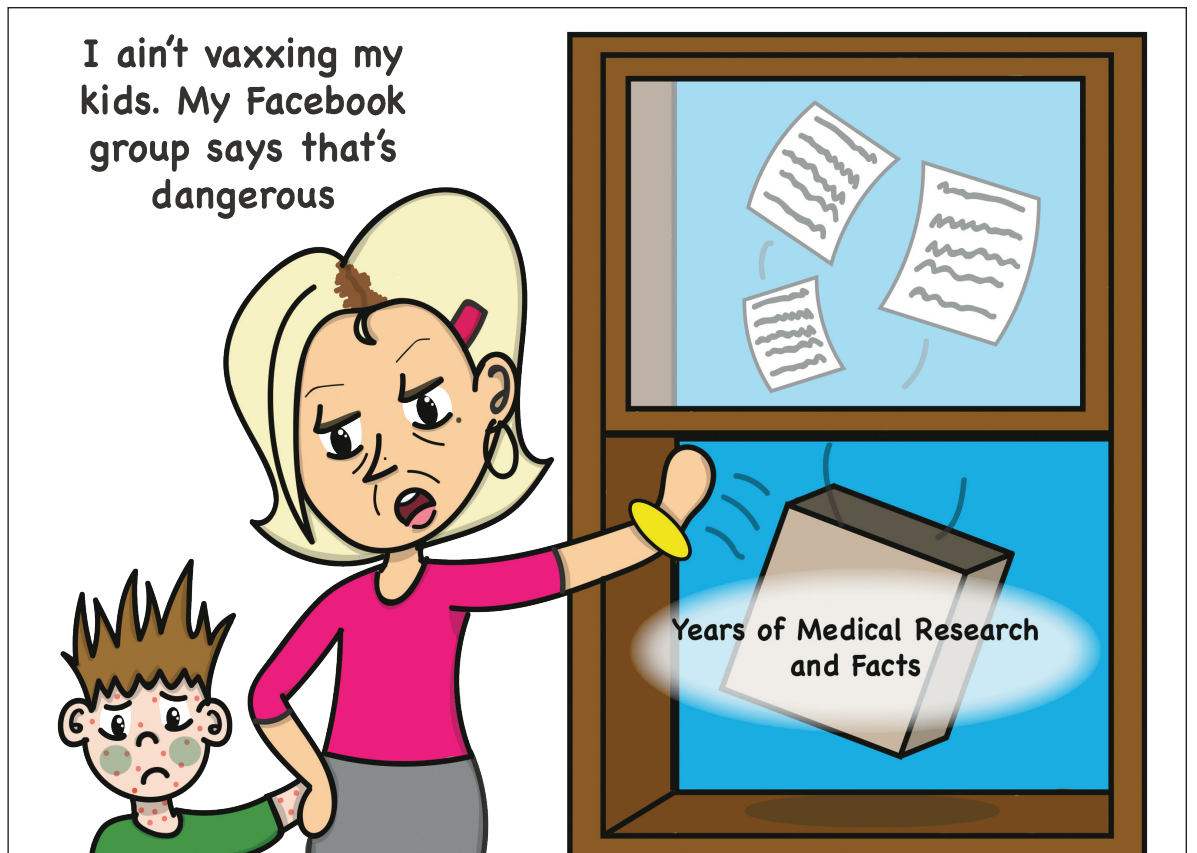
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## Anti-vaxxers ignore facts, putting public at risk

Anti-vaccinators are choosing to ignore science and selfishly put the public at risk.

Young children have not built up the immune systems to fight off threatening bacteria and senior citizens no longer have the stamina to do the same. But not only the young and old are at risk. Everyone within the community can be affected by an anti-vaxxer's choice to simply not vaccinate their children based on unproven myths.

According to the History of Vaccines website, an educational resource created by the College of Physicians of Philadelphia, the controversy originated because people were concerned about immunization due to sanitary, religious, scientific and political reasons.

In 1998 parents began to believe the MMR (measles, mumps and rubella) vaccine caused autism in children. Researchers started studying the link in 1999 and found no scientific evidence to support this claim.

Anti-vaxxers are relying on non-credible sources to make them believe vaccinations are not the answer.

As though thinking that having an autistic child could be worse than having an infectious outbreak that could potentially harm the public.

Of course, the anti-vaxxer community didn't listen, nor care about the lack of scientific proof. Especially after they had a celebrity on their side.

The actress Jenny McCarthy became a face of anti-vaccination when she began to speak out in 2007 about her experience, claiming the MMR vaccine caused her son to have autism.

McCarthy began the "Green Our Vaccines" campaign quickly after, wanting thimerosal (a mercury

containing compound) to be removed from vaccines. In 1999, the compound amount was reduced. Today, thimerosal is no longer used in most childhood vaccines according to Centers for Disease Control and Prevention.

Despite this, anti-vaccinators continue to build a growing community because of the mistrust of science and government agencies, fear of safety, belief in conspiracy theories and support of alternative disease treatments. These are four common things anti-vaxxers are afraid of, according to a study done by the University of Pittsburgh.

More and more people are shifting to naturopath medicine which works when treating something like migraines, injuries or anything else that is only affecting that one individual.

However, when they rely on a natural remedy against diseases that are putting every other child at risk, that is not acceptable.

Compare this situation to dogs. If a dog is not vaccinated, it cannot go into a pet store, play at a dog park, go to a grooming or boarding service and simply cannot be around other dogs.

Why is this any different with humans? Well it shouldn't be.

Dogs and humans are vaccinated for the same reasons, including prevention, protection and life-longevity.

It is not fair to set a child up for destruction when it comes to their own health.

The anti-vaccination community needs to stop growing and realize they are putting their own children at risk. Anti-vaxxers need to stop being selfish and think about the rest of the community they are affecting.



# e LIFE

## Blackfoot elders optimistic about keeping their language alive

KEVIN FORSYTH  
@KevinF\_1988\_

The Blackfoot language has been spoken for thousands of years, but decades of repression by government residential schools nearly extinguished it. It is a language once spoken by nations in present-day Alberta, Saskatchewan and Montana. Today there are only around 5,000 people who speak Blackfoot to some extent and it is considered endangered, according to the University of Montana.

“Without the language, there’s no culture. Language is what brings the culture to us and the language has been spoken for – they’re saying 15,000 years,” said Peter Weasel Moccasin, Lethbridge College’s Kainai Kaahsinnoonik, or grandfather.

The Kainai are one of three First Nations that make up the Blackfoot Confederacy, many of whom live on reserves on Treaty 7 land in southern Alberta.

The Canadian government’s residential school system began in the late 19th century and lasted well into the 20th century, with the last one closing in 1996 in Saskatchewan.

“It essentially undermined our education system and our language system by discrediting it and... basically our ways were looked at as inferior,” said Lowell Yellowhorn, Indigenous services coordinator for Lethbridge College.

Weasel Moccasin lived through the residential school system, where he was told not to speak his native tongue.

“When we spoke the language, they made us feel ashamed of it – embarrassed us, humiliated us, for speaking the language – made fun of us, put us down,” said the Blackfoot elder.

He was told only to speak English, but as a child resisted and faced discipline, as well as missing out on his

education.

“I did not get educated because I didn’t want to learn English. We were considered a person who cannot be educated. It didn’t change me. I still have my language,” he said.

Efforts are underway to keep the Blackfoot language alive and spoken. Lethbridge College offers two Blackfoot classes for credit, which can be taken online or in person throughout the year. In addition to the two courses, the college was given a Blackfoot name because of the work it does with indigenous people across southern Alberta. Weasel Moccasin gave the college the name Ohkotoki’aahkkoiyiiniimaan, or stone pipe, because stone pipes were often used in ceremonies devoted to lihtsipaatapi’op, the Source of Life.

The 2016 Canadian census found 5,565 people who speak Blackfoot to some degree, most of whom reside in Alberta.

It is difficult to say how many fluent speakers there are because the census question did not specify the level of competency.

According to Yellowhorn, there is a lot of work to be done to repair the damage done to First Nations’ cultures during the residential school era, but things are moving



PHOTO BY KEVIN FORSYTH

Peter Weasel Moccasin, a Blackfoot elder, chats with a student at the Long Night Against Procrastination in Lethbridge College’s Buchanan Library.

in the right direction.

“It’s a slow transformation right now, but reconciliation is in the forefront of everything nowadays and if an organization or institute isn’t indigenizing, then... I don’t know if I want to be associated with that institution,” said Yellowhorn.

The future of the language is uncertain, but the people who speak it and teach it seem optimistic about its survival.

“It was wrong, what they did. Because [it] affected a generation. Now they want to learn the language, and this is good... Now they can write it,” said Weasel Moccasin.

## College’s Indigenous services pay tribute to local Blackfoot land and culture

JUSTIN PARKIN  
@Parkin\_Justin

The sounds of people talking echoed through the hallways, as doors begin to close signaling the start of classes and a new school year.

For some, a new semester means new friends, new classes and freedom from high school life. For others a new year means leaving your home behind and getting an education.

Every year, Indigenous services reaches out to local Indigenous communities to help bring students and culture to the college.

The college is located on traditional Blackfoot territory and a belief in honouring the land and culture is at the core of the college’s mission.

Indigenous services is responsible for making sure the culture is being meaningfully represented at the college. They are also there to help Indigenous students who may be struggling with their schooling.

Every year Indigenous services hosts a variety of events to show students the true importance of the Blackfoot and other indigenous cultures.

Some of the events they host include



PHOTO BY JUSTIN PARKIN

Elder Georgette Fox stopped by the Niitsitapi gathering place to talk with students and staff about the importance and history of the Indigenous culture.

an Indigenous Celebration Day and Indigenous Honour Night.

They have also created a Niitsitapi gathering place within the college where indigenous students can have a home away from home.

“In addition to educational programs, we also have some cultural components as well. We just had moccasin building

which was a new addition. This really speaks to the holistic frame work of [Indigenous services], so really looking at the balance of going to school as well as having our students connect to their culture,” said Shanda Weber, manager of Indigenous Services. “We want to help spark that self-identity in our students.”

Weber said the first priority of Indig-

enous services is to pay tribute to the Blackfoot land and culture within Lethbridge College.

Along with honoring culture, Indigenous services also encourages students to communicate with the elders who are brought in regularly to talk about the Indigenous history.

“We are wanting our students to be a part of our cultural programming, so that it empowers them and their self-identity,” said Weber.

One of the biggest aspects of Indigenous services is what they call the Circle of Services.

“The circle of services encompasses a lot of aspects that the college and the student affairs program find important to make connections with communities,” said Lowell Yellowhorn, coordinator of Indigenous Services. “As we make connections with the communities, we recruit students and are making vital first connections with students in indigenous communities.”

These services include everything from college recruitment, academic advising, cultural support and Indigenous career pathways.

Weber hopes to ensure that Indigenous services will be available to continue to help students for years to come.



# Community is lacing up for Skate in the Square

KELSEY O'DONNELL  
@kelsrodonnell

The community of Lethbridge will have the chance to lace up their skates in the coming weeks on a unique sheet of ice to kick off the holiday festivities.

The Downtown BRZ, Lethbridge Sports Council and the Heart of our City Committee have partnered up to host Skate in the Square in downtown Lethbridge.

Skate in the Square offers free skating for all ages on synthetic ice.

The ice square is set up on 6 St. South to promote the downtown area, as well as bring the community out for other local events. Some of these events include CASA's local vendor shop on Nov. 23 and Plaid Days local business market on Dec. 7.

Hunter Duncan, Skate in the Square participant, said he thinks hosting a free public event is a great way to bring the community back to the downtown area.

"Not as many people are choosing to come downtown as much as they used to, so to get people out here to enjoy some outdoor skating is a great idea," he said.

Duncan also mentioned he is a strong advocate for shopping local and believes this will allow local businesses and vendors more opportunity to reach out to a larger community.

Susan Eymann, Executive director of Lethbridge Sport Council said her organization purchased synthetic ice several years ago to be able to provide a space for skating demonstrations and other activities for families at its annual SportFest event.

"Lethbridge Sport Council was pleased to be able to partner with Downtown BRZ and Heart of the City to provide outdoor skating Lethbridge rendition to fami-



PHOTO BY KELSEY O'DONNELL

Families are encouraged to get out their skates and take part in Skate in the Square. The synthetic ice will be set up Nov. 15-23, Dec. 7 and 14 for free skating available for all ages.

lies, friends, teammates and co-workers.

The goal really is to provide opportunities for everyone to be active together," Eymann said.

Skaters can participate at their own discretion.

Hot chocolate and popcorn will be available on select days, as well as horse-drawn carriage rides.

Skate in the Square will be offered from Nov. 15 to 23, Dec. 7 and 14 with lighting and seating available.

## Local restaurant provides games and food for patrons

ANTON LENICZEK  
@beardedani

The door opens, a bell rings, the nostalgic scent of chicken fingers and cheesy macaroni wafts from the kitchen.

A cheer goes out across the room and a groan follows; it's game night and somebody must lose.

Round Table Board Gamerie in downtown Lethbridge is the only restaurant in the city to give their customers access to hundreds of board games.

Owners Bryn Watts and Casey Rupp started the board game café three years ago, after over a year of planning.

"A night of sitting in Bryn's living room drinking, turned into spit balling ideas back and forth on how to do it," said Rupp.

Watts has experience in the restaurant industry, having formerly co-owned Joey's Only.

The restaurant pumps out the usual casual pub-style food - hamburgers, poutine, mozza sticks and mac and cheese.

Most of the menu items are the brainchildren of Watts, who wanted the food to be the kind you would serve to a group of friends playing board games.

"The concept of Round Table originally was, it's like our kitchen table," said Watts.

They believe there is a certain amount of nostalgia to the style of food the restaurant serves, although some of the items were created with a certain wow

factor in mind.

A gaming fee of \$10 is charged for use of the board game wall, but patrons are welcome to bring their own items for free.

Round Table also offers several events throughout the week as well as monthly.

Mondays feature a Super Smash Bros. league with tournaments every week going into a bracket.

Tuesdays are Casual Card night, bringing together a plethora of trading card games.

On Wednesdays, there is a Board Game Club, which allows for people who otherwise don't have people to play with to come together.

Starting in October, Saturdays will feature a Pokémon trading card game league.

Kapow Comics hosts events with a similar appeal.

Wallie Desruisseaux, owner of Kapow, offers events almost every day of the week.

"We host stuff every night we're open," said Desruisseaux.

The store offers miniature gaming on Tuesdays and Fridays.

Other business in the Lethbridge area, such as Showcase Comics, and the Owl Acoustic Lounge provide patrons with entertainment.

Game nights, and music are offered alongside the food, and drinks that can be purchased at these locations. The Owl Acoustic Lounge offers concerts for up and coming bands in the southern Alberta area.

## Biloxi Parish finds its groove performing at the Owl



PHOTO BY TYLER HAY

Ben Wattie (left) and Zach Passey (right) play with their band Biloxi Parish at the Owl Acoustic Lounge. The group had plans to record its second full-length album this month, but Passey says they decided to push it back to have more time to perfect new songs.





# SPORTS



## Kodiaks' bench boss named national men's coach of year

MICHAEL KAAKE  
@michaelkaake1

Lethbridge College honoured their soccer coach for his leadership after an unforgettable season.

Sean Carey was named the Canadian Collegiate Athletic Association national men's soccer coach of the year as he guided both the men's and women's soccer teams to winning records. The men went 8-3-1, while the women's team went 9-1-2 and won their first division title in 24 years.

Carey also led the men's team to a third consecutive Alberta Colleges Athletic Conference playoff run as the team earned a spot in their first CCAA appearance in the college's history.

Carey is originally from Leeds, England and now lives in Vulcan, Alberta.

He previously coached the Lethbridge FC men's and women's teams in the Alberta Major Soccer League.

Carey coached the Kodiaks women's team back in the 2009 and 2010 seasons, winning the ACAC south division coach of the year honour in 2010.

He then left the team after the 2010 season to become the assistant soccer coach at the University of Lethbridge.

Carey returned to the Kodiaks in 2017.

Since then he has become the first ACAC soccer coach to win both the men's and women's coaching awards in the same season.

"A true leader doesn't create followers – they cre-



PHOTO PROVIDED BY JAMIN HELLER  
Kodiaks men's and women's soccer team head coach Sean Carey accepts CCAA National men's soccer coach of the year award.

ate more leaders, and Sean exemplifies that spirit," said Todd Caughlin, manager of athletics & recreation services in a November media release from the Lethbridge

Kodiaks website.

Caughlin added Carey assembled an incredible coaching team to lead both programs and recognition of this type does not happen without the commitment of his teams.

"This award belongs to my coaching staff as well as me, we have a really good group of coaches. We are all in this together and it is nice to be acknowledged for all the work we put in," said Carey.

He added that making the CCAA championships has put the Kodiaks on the map as they will look to build on their season.

Carey believes the success of the past season will make recruiting easier.

"We have the confidence now that we can make it again next year as we believe that we made it once, we can make it again," he said.

Carey was not the only Kodiak to win an award for their performance this season.

Ben Knight, captain of the men's soccer team was named a CCAA All-Canadian, ACAC player of the year, an ACAC all-conference team and an ACAC championships tournament all-star.

On the women's side, Christine Moser, third-year player was named a CCAA All-Canadian. She was also named the ACAC south division player of the year this season.

The Kodiaks will look to continue their success as they hope to return to nationals in the 2020-2021 season.

## Don Cherry's career ends after 35 years with Hockey Night in Canada

MICHAEL KAAKE  
@michaelkaake

After the world was shocked by Don Cherry's comments, some students from Lethbridge College chimed in with their opinion about the situation.

The frustration of many viewers was aimed at a statement said by the veteran broadcaster.

"You people, you love our way of life, you love our milk and honey, at least you can pay a couple bucks for a poppy or something like that," said Cherry.

His remarks caused an uproar with the media as the world believed the 85-year-old was attacking immigrants.

The comments resulted in the firing of Cherry by Sportsnet as the two sides agreed it was time for Cherry to step down from the position that he has held since 1984.

The veteran reporter has been seen by many as the voice of hockey. He would talk on his CBC show "Coaches Corner" during broadcasts of "Hockey Night in Canada" every Saturday.

Jamal Grant, first-year exercise sciences student at Lethbridge College, sympathized with Cherry.

"I don't think he [Cherry] meant it to be towards immigrants; he meant the nation as a whole. He just needed to say everyone instead of saying you people in

my opinion. So, I do feel bad that he got fired because he had good intentions when he said the comments. But at the same time, he is 85 years old, I think it is time for him to retire," said Grant.

The student added he knows this is not the first time that Cherry has made controversial statements.

"Cherry has had comments in recent years that I think have been worse than what he said this time. I think he made comments about women at hockey games in the past. I think that this comment was the final straw for his employers," he said. Cherry has since said in an interview with Global News that he had no intention of offending anyone with his comments, as he regretted the words he used in the statement. Cherry added he did not want to feel like the company was trying to censor him if he had kept the job.

Ria Sabin, a second-year environmental sciences student at Lethbridge College, thinks Cherry has too much pride.

"He continues to try to defend himself and I think his pride is getting



PHOTO BY MICHAEL KAAKE

Last Saturday, Don Cherry was not on air for Hockey Night in Canada for the first time since 1984.

in the way. I think he needs to apologize and admit that he was wrong in this situation. Whether he meant to say it offensively or not, I think he needs to apologize," said Sabin.

Sabin believes Cherry made a colossal mistake but thinks that this has not destroyed his reputation, as she feels an apology could help smooth over the situation.

The Lethbridge Family Services did

not make comments about Cherry specifically but in a statement said, "Diversity has been a strength for our Country.

Civil society is strengthened when we are sensitive to all individuals and when we take the opportunity for conversations based on sharing what we have in common and learning from each other."

No statement has been provided at this time on what will happen to the Coach's Corner segment.



# Lethbridge College cross-country star races to third place finish

ANI LENICZEK  
@beardedani

Her breath bursts from her in white puffs, the chilly wind whipping her clothes. The snow crunches with each fluorescent shoe that falls.

The Lethbridge College Kodiaks have one more set of gold medals to add to its trophy case and Sophia Nowicki, team captain, earned a bronze for her collection.

Nowicki and the Kodiaks women's cross-country team became national champions, winning the team gold medal at the Canadian Collegiate Athletic Association championships in Grand Prairie on Nov. 9.

This wasn't Nowicki's first national championship medal. In 2018, she came away from the CCAA's with gold.

Growing up, Nowicki was one of those kids that tried every sport when they were young.

"It was the main thing I kind of stuck with... I definitely didn't think I'd carry it over after high school," said Nowicki.

She started running seriously when she joined the cross-country team at St. Timothy Junior/Senior High School in Calgary in the seventh grade.

The bronze medallist wants to continue running cross-country as she continues her schooling.



PHOTO PROVIDED BY KAYLA BLACQUIERE

Sophia Nowicki (right) competes in the CCAA championships in Grande Prairie earlier this month.

*"I definitely didn't think I'd carry it over after high school."*

SOPHIA NOWICKI

"I'm so happy I'm able to do cross country here because there's no cross-country team at the [university]. Next year I'm going to be at the university for nursing

and I really hope I can continue running here because I love the cross-country team," said Nowicki.

She is currently focusing more on indoor track because of the university's lack of cross-country.

Her studies are currently Nowicki's highest priority.

"I remember going home and thinking to myself I need to put my education first, because that's why I'm here. I remember thinking to myself if you want to take my scholarship, I don't care, but I'm here for school. I'd be heartbroken if you took me off the team, but I don't care about the scholarship. That's when I realized obvi-

ously there's more, I'm not doing it for the money."

Running is a form of stress relief for Nowicki – even when she had to miss practice, she'd often go on runs by herself while taking a break from studying.

Nowicki being captain of the team has a positive effect on her coaches and teammates.

"Her determination, her hard work sort of drives and pulls along everyone on the team," said Simon Schaez, head coach.

Nowicki was undefeated in her collegiate career until the 2019 collegiate championships.

## Second set of Kodiaks inducted into Lethbridge College hall of fame

TYLER VERLOOP  
@tylverloop

The thunderous sound of applause echoed through the second-floor foyer of the Physical Education wing at Lethbridge College last week as six Kodiaks were recognized for their time on the court.

Two teams, two builders and two athletes will become the second set of inductees into the Lethbridge College Kodiaks Hall of Fame. The first set of inductees were inducted in 2017.

The late Val Matteotti and his wife Flora were inaugurated into the Hall of Fame as builders due to their long-time support of the Kodiaks. The gymnasium is currently named after Val Matteotti.

The other person inducted in as a builder was Mary Wall, a former instructor and coach at Lethbridge College. She was the first-ever women's physical education teacher at the college beginning in 1970. She coached for the Kodiaks until 1987 and was a key contributor to the development of the Lethbridge College Kodiaks as a program.

The 1962-1963 women's basketball team and the 1966-67 men's basketball teams will be honoured on Nov. 23 before the men's and women's Kodiaks basketball teams take on Calgary's St. Mary's University.

One hall of famer had the opportunity to coach both of the men's 1966-67 basketball team and the 1962-63 women's teams being inducted this weekend and commented on what set his champion-



PHOTO BY TYLER VERLOOP

Left to right: George Gerner Peterson, Diane Wocknitz, Gary Bowie and Shirley Peterson clap after the announcement of the women's 1962-63 team being inducted into the Kodiaks Hall of Fame.

ship teams apart from the rest of the competition.

"I think it was all a matter of wanting to do well, especially with the young women on the team at that time. They were all involved in something that was brand new. The college had just come into existence as a building in this area. So, we were in a new gym at that time," said Gary Bowie, head coach of both

teams, who said it was an honour being inducted. "It was just a matter of being involved in one of the first things the college did for women as far as athletics were concerned. The woman on this team took hold and did a great job," he said.

The former head coach said it has been a privilege to watch the progression of the whole Kodiaks program grow over the years. Bowie recalled a favourite

memory from his time with the Kodiaks basketball program.

"A great memory for me is when we came back in the championship game. We were behind and ended up winning the game at the end of a second overtime," he said.

One of the players present at the induction ceremony was Lori Pierson. Pierson was a former women's volleyball player from 1981-1984. Pierson was the first female Kodiak to be named to the All-Canadian All-Star team. She is also a two-time Alberta Colleges Athletic Conference All-Star.

The decorated women's volleyball player stated it was a little overwhelming and surprising to be named to the Kodiaks Hall of Fame.

"It was great to go down memory lane. My whole family was there when I received the call and I had no idea this was happening. My daughter had played basketball here at the college and Todd [Caughlin] had given her the letter. I read it in front of everybody and the tears came flowing down. It was an emotional time for me," Pierson said on the feelings running through her mind.

The former volleyball star said her favourite memory was winning a bronze medal at the ACAC Championships in 1983. The entire Kodiaks volleyball program has only claimed one ACAC championship, claiming gold in both the men's and women's divisions in 1968-69.

Pierson will be accompanied by Flora Matteotti and Mary Wall on Nov. 22 for their induction ceremonies.